

Warren Consolidated Schools  
Nutrition Service May 2018 Newsletter  
By Dietetic Intern Vanessa Wood



# CELEBRATING CINCO DE MAYO

What is Cinco De Mayo?

Cinco De Mayo is celebrated on the fifth of May to commemorate the victory of the Mexican army over France in the battle of Puebla in 1862. With the help of the U.S, the Mexicans were able to officially able to regain rule. This became an important holiday for the U.S as Mexican-Americans used the victory as inspiration for the union struggle in the civil war. Interestingly, Cinco De Mayo is actually more widely celebrated in the U.S than it is in Mexico. People often celebrate with parades, parties and traditional Mexican foods.



Try this yummy vegetarian taco recipe to celebrate Cinco de Mayo this year!

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 14 oz package of mushrooms
- 1/4 tsp salt
- 1 medium zucchini, diced
- 4 garlic cloves
- 1/2 tsp oregano
- 1/4 cup cherry tomatoes
- pinch of chili pepper
- 1 tsp smoked paprika
- 1 can black beans, drained
- 1 tablespoon fresh cilantro
- 8-10 four inch corn tortillas



Heat 1 1/2 Tbsp. of the oil in a large skillet. Add onion, pepper and mushrooms and cook until translucent. Mix in salt and zucchini. Sauté until tender. Add the tomatoes, black beans, chili powder, and paprika. Simmer for another minute until excess moisture is gone. Season with cilantro. Build your taco and enjoy!

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